Mountain Weather Forecast

Lake District National Park

Forecast valid from 00:00 on Sunday 08 Jan 2023 until 23:59 on Monday 09 Jan 2023

Forecast Issued on Saturday 07 Jan 2023 at 12:05

Confidence: High for the main unsettled and often windy theme, probably peaking midweek. Phasing of milder wetter periods Tuesday and Thursday lower confidence. Shower detail low confidence throughout.

Headline for Sunday 08 Jan 2023: Windy, with gales in exposure. Blustery wintry showers occasionally merging to longer periods of rain, sleet and snow. Some brighter interludes possible.

Mountain weather hazards on Sunday 08 Jan 2023

Blizzards Medium Likelihood	**Heavy persistent snow** Low Likelihood	**Storm force winds** No Likelihood
Gales High Likelihood	**Severe chill effect** Medium Likelihood	**Poor visibility** Medium Likelihood
Thunderstorms Medium Likelihood	**Heavy persistent rain** Low Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Sleet	Partly cloudy (night)	Light snow showers (night)	Heavy snow showers	Heavy snow	Light snow showers	Partly cloudy (night)	Light snow showers (night)
Precipitation probability							
60%	20%	30%	40%	70%	40%	20%	30%

Forecast for Sunday 08 Jan 2023

Weather: Windy overnight, with blustery heavy showers of rain becoming more liable to turn to snow over the highest ground, giving a corresponding risk of icy routes here despite higher valley temperatures. This windy, showery theme should then continue into daylight hours, with some sunny intervals most likely early and late, probably with a main intervening period of rain and snow, with some heavy with a corresponding risk of hail and thunder locally. Visibility will drop sharply on passage of showers, with windchill also an ever-present hazard. Becoming less windy during the evening, with a few further showers.

Chance of cloud-free hill tops above 800m: Perhaps 60% early and late in the east, else nearer 30%.

Low cloud and visibility: Visibility generally very good, but sharp visibility drops expected, especially at modest elevations through middle of day in more prolonged rain and snow. Cloud well-broken over highest ground early on but becoming extensive around 600 metres through middle of day before gradual improvement.

Check our weather forecast every day to get the most accurate and up to date information
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Met Office Mountain Weather Forecast

Forecast for Sunday 08 Jan 2023

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	42/54 SW	38/49 SW	38/48 S	37/48 S	32/41 S	33/43 S	27/36 SW	22/30 SW	19/26 SW
600	36/50 SW	30/43 SW	29/41 S	30/43 S	26/37 S	27/38 S	22/32 SW	17/25 SW	15/23 SW
300	15/39 SW	12/33 SW	10/31 S	14/36 S	12/30 S	12/30 SW	9/25 S	8/20 SW	8/19 W
Valley	17/37 SW	13/32 SW	12/31 S	16/35 S	14/29 S	13/28 SW	11/25 SW	9/20 SW	11/21 W

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	1/-7	0/-8	0/-8	-1/-10	-1/-9	-1/-9	-1/-9	-1/-8	-1/-7
600	3/-4	3/-4	2/-4	1/-6	1/-6	1/-6	1/-5	1/-4	1/-4
300	6/2	5/1	5/1	4/-1	3/-1	4/-0	3/-0	3/0	3/0
Valley	8/4	8/4	7/4	6/2	6/2	7/3	6/3	6/3	6/3
Freezing Level*	1100m	900m	900m	800m	800m	700m	800m	900m	900m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Note the falling freezing level and risk of gales, with windchill a significant hazard. Early brighter conditions are not thought to be characteristic for the day as a whole.

Forecast for Monday 09 Jan 2023

Weather: A continuation of Sunday's theme, with further sunny spells and blustery showers, these again of snow over higher elevations and with an attendant risk of hail and thunder in the heaviest. These may merge to give longer wetter periods, as on Sunday, but perhaps ease later and into the evening, ahead of a drier, colder night.

Maximum wind: Increasing westerly 45mph for a time.

Chance of cloud-free hill tops above 800m: 60%

Low cloud and visibility: Prevailing visibility generally very good, but with similar sharp drops likely, as Sunday. Mainly near highest summits, broken cloud down to 700 metres in heavier rain and summit snow.

Temperature: **Valleys:** Zero becoming plus five Celsius.
At 800m: Plus one Celsius.
Freezing level: Around the highest summits.

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Mountain Weather Forecast

Ground Conditions Supplement
Date: Friday 6 January .Location: Helvellyn summit at 11:35 Full report:The thaw continues albeit at a far slower pace owing to both the altitude and scarcity of the remaining snow. The vast majority of the Lakeland fells and paths are now clear from snow and ice. The snow that remains lies above 850m, with the majority above 900m (ie only on the highest summits) in sheltered spots and hollows and particularly on steep north and east facing aspects. As such, there is no unavoidable snow on paths with the only exception being a steep bank of unavoidable snow on Swirral Edge's exit. This was softer than yesterday with steps cut into it; however it would only take a marginal drop in temperature for it to harden again so, although only a short section, an ice axe and or microspikes are recommended for anyone tackling this route as it is not a place to slip. Conversely, Striding Edge is snow free and even consisted of dry rock this morning which was an extremely welcome change! There are still some cornices above steep N & E facing aspects – such as along Helvellyn's summit plateau. Although they have significantly reduced in size they now consist of soft snow so are extremely unstable; therefore please keep off any such snow covered edges and advise those with less experience to do likewise. Despite the milder temperatures, the summit windchill (what the temperature actually feels like) was minus 7 degrees C at midday, so full winter clothing (waterproofs, extra warm layers, hat & gloves), mountain boots and equipment including torch, map and compass and the ability to use them in potentially poor visibility such as low cloud are all essential to safely enjoy the fells. Temperature: plus 1.3 C Maximum wind speed 33.9mph Wind chill: minus 7.5 C Average wind speed: 25.7 mph

Issued at: 1205 on Sat 07 Jan 2023

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